

West Virginia WIC's "Learning for Health" Project

Lesson #12

Get Moving! Be Active!!

This session covers practical, low-cost ideas for increasing daily activity (and decreasing inactivity) for children and adults. It also includes information on why physical activity is important and how much is enough (how long, what kind of activity).

Learning Objectives

At the end of this session, parents/caregivers will be able to:

1. Share the typical kinds of physical activity the family does each day.
2. Discuss why daily physical activity is important for children and adults.
3. Make a commitment to do at least one activity with family/child for at least 30 minutes each day for the next 7 days.

Materials

- Lesson Plan Posters (2)
- Copies of Parent Fact Sheet (1 two-sided sheet)
- Easel, flip chart and colorful markers
- Supplies to share one easy, quick physical activity with children and/or parents.
- Pencils and/or pens for adults to write if they wish.

Preparation

- Set up room in an informal way - chairs in a semi-circle if possible.
- Hang up the posters so all the group participants can see them easily OR you can attached the posters to an easel and show them at the appropriate time.
- Prepare supplies for at least one easy physical activity idea.

Introduction

- Introduce yourself and welcome everyone.
- Explain the purpose of the group and the estimated time.
- Have group members share their name and one thing they like to do for exercise.

Discussion Questions

Everyone needs to be active - children and adults. What are some of the reasons we need to be physically active?

Let participants give some reasons. Write these reasons on the flipchart.

Discuss and add any additional reasons not mentioned, such as:

- Helps you keep a healthy weight - important for children and adults
- Strengthens your bones
- Relieves stress
- Makes you feel great
- Its fun

How much physical activity do you think you and your child need?

Let participants discuss this and share their thoughts.

- Go for at least 30 minutes of moderate physical activity 7 days a week.
- Even more is better!
- Use every opportunity to be active.

(Poster #1 - Five Good Reasons to Get Active)

What are some of the reasons we don't get enough physical activity?

Let participants share their thoughts and record them on the flipchart.

Share that there is a link between TV viewing, video games and computers and being overweight.

Some of the barriers to physical activity might include:

- Lack of a fitness facility or lack of money to join a facility - make sure the group knows that you don't need to be a member of a fitness facility to get good physical activity. Being more physically active does not have to cost a dime.

- Lack of a safe place to walk or ride bikes outside - make sure the group knows that there are many activities that can be done inside the home that count like dancing for 30 minutes to music, climbing stairs or playing "sock" basketball with your kids.
- Lack of time might be a barrier - remind them that you don't have to do all of your 30 minutes at once. You can do 15 minutes of brisk walking in the morning - and 15 minutes of biking in the afternoon. It all adds up.
- "I'm just too lazy or tired" might be a reason - make sure they know that ANY amount of activity is a plus - you don't need to go out and run a 10 minute mile.

What kinds of things "counts" as moderate physical activity?

Let participants share their thoughts and record them on the flipchart. Add to the list:

- Walk, jog or bike around the neighborhood or to the nearest park or playground.
- Look for playgrounds and parks near your home and use them.
- Rake the yard or weed a garden.
- Play music and do jumping jacks, jump rope, hula-hoop or dance!
- Go fly a kite!
- Play a game of badminton and serve from where the birdie drops.
- If you have a pet, take it for a walk.
- Wash your car and have some water fun using the hose.
- Enter a "fun run" or a "bike-a-thon."
- Go swim at the beach, a pool or use a wading pool in your back yard.

(Poster # 1 - Bright Ideas)

Even young children who are under 2 years old can really benefit from physical activity because it helps them develop basic movement skills. You can make their playtime fun and active.

What kinds of things can you do with a very young child to help them be more active?

Help you Child Learn to do These Things...

- ☆ Clap
- ☆ Grab
- ☆ Push
- ☆ Pull
- ☆ Walk
- ☆ Jump
- ☆ Roll
- ☆ Squeeze
- ☆ Kick

Ask your child to imitate the actions of:

- ☆ A tree blowing in the wind
- ☆ The sun rising
- ☆ A cat arching its back
- ☆ A kangaroo jumping
- ☆ A train chugging along a track

Play "Chase me. Chase me" - Chase your child safely throughout your home, yard or playground. Hug your child when you catch her.

(Poster #2 - Physical Activity and Your Child)

What kinds of things can you do with your older child?

Help you child age 2-5 for learn to do these things...

- ☆ March
- ☆ Dance
- ☆ Jump rope
- ☆ Skip
- ☆ Balance
- ☆ Roll
- ☆ Swing
- ☆ Ride a bike
- ☆ Hop

Play "Alphabet Zoo" - Make up an action story about a visit to the "Alphabet Zoo." Include your child's name in the story. For example, At the Alphabet Zoo (child's name) saw Apes swinging, Bees buzzing, Caterpillars crawling, Ducks flapping their wings... Continue through the whole alphabet.

Activity

- Demonstrate one of more of the easy ideas for physical activity and movement.
- If there are children present during the group, you might want to have them "help" you demonstrate.
- The following activities might make good demonstrations (see parent fact sheet):
 - Juicy-Crunchy Bowling: Set up 6 empty frozen juice cans or cereal boxes at one end of a room. Stand at the other end with a ball and roll the ball into the cans or boxes. Count the number knocked down.

- Scooper Catch: Cut the bottoms off two empty plastic gallon milk jugs. Tape up any sharp edges and use the “catchers” to play catch.
- Basketball Cleanup: Use a box as a basketball hoop. Have child pick up toys, books, and games and drop them in the box for points.
- Box Buildings: Stack empty boxes and jump over or knock down. Keep building

Evaluation/Wrap-up

- Here is something that you might be interested in (hold up copy of handout). It includes many of the things we talked about today.
- Who would like one? (pass out to interested participants)
- What things look familiar from our discussion today?
- What do you think of the “Activity Guide Pyramid?”
- Here is a challenge for you - take a look at the posters and the flip chart pages we worked on. Can you fill out a plan for getting more physical activity for the next 7 days? What can you do?
- Now that you’ve had a chance to share ideas and think about this, I’m wondering if someone can share what they will do to be more physically active with their children over the next week?
 - Encourage as many participants as possible to share their plans for the coming week OR at least one thing they are willing to try.
- Thank them for coming to the group and participating. Let them know that they can call you or stop by for more information whenever they wish.

Resources

Some of the content and graphics for this lesson was adapted from the Massachusetts WIC Program’s Nutrition Education publications.